



State of North Carolina Office of the Governor

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GOV. EASLEY URGES NORTH CAROLINIANS TO 'EAT SMART, MOVE MORE' IN 2006

RALEIGH – Gov. Mike Easley is urging North Carolinians to make a resolution in 2006 to eat smart and move more as part of a new statewide program created by the N.C. Division of Public Health (DPH). "Eat Smart, Move More...NC" is a statewide program that encourages healthy eating and physical activity wherever people live, learn, earn, play and pray. Public Health data show that North Carolinians are eating too much and not getting enough activity in their daily lives.

"Many of us took a break from normal eating and exercise routines over the holidays," said Easley. "The start of a new year gives us all a prime opportunity to improve our overall health and fitness. Recent economic studies show obesity, a lack of exercise and poor nutrition costs North Carolina as much as \$24.1 billion annually in lost productivity, increased medical care and worker's compensation claims."

Sixty-one percent of North Carolina adults are overweight or obese and 27 percent of our high school students are overweight or at risk of becoming overweight. The problem affects the very young as well; one in eight children aged 2 to 4 is overweight and one in five aged 5 to 11 is overweight. Eating smart and becoming more active helps reduce people's risk of developing heart disease, stroke, diabetes or other chronic diseases.

Public Health officials suggest the following healthy resolutions for 2006:

- **Start your day with breakfast.** You will be more productive at school and work, and there is evidence that eating a healthy breakfast may actually help dieters lose weight.
- **Snack smart.** A healthy snack may actually keep you from overeating at meals. Choose snacks from different food groups, such as a glass of low-fat milk and a few graham crackers or an apple or celery sticks with peanut butter and raisins.
- **Eat a balanced diet.** It is okay to eat the occasional burger and fries; in fact, denying yourself favorite foods may lead to binge-eating of those foods. Balance your choices; if you have a high-fat lunch, then eat lower-fat foods at dinner.
- **Eat more whole grains, fruits and vegetables.** They provide carbohydrates for energy, plus vitamins, minerals and fiber. Try whole grain bread, pasta and snacks, or a fruit or vegetable that you never had before.